

Town of Lexington

Recreation Department



Fall 2014 ~ Winter 2015

Program Brochure

1625 Massachusetts Avenue

Lexington, MA 02420

Telephone: (781) 698-4800

Information & Cancellations : (781) 698-4810

Web Site: <http://www.lexingtonma.gov/recreationdepartment.cfm>

Email: recdept@lexingtonma.gov

Important Information

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General Information	2—3	Karen Simmons, CTRS, CPRP ~ Director of Recreation	The Lexington Recreation Department strives to provide affordable, quality programs that are educational, fun and rewarding. The Recreation Department promotes participation by all Lexington citizens in facilities that are safe, accessible and well-maintained.
Helpful Numbers, Emails & Web Sites	3	Sheila Butts, CPSI ~ Assistant Director	
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Enterprise Fund

The Recreation Department has operated as an Enterprise Fund since 1991. Recreation Programs are self-supported by setting fees to cover all expenses. The Director of Recreation, through the Recreation Committee, sets fees with the approval of the Board of Selectmen. The Recreation operating budget supports staff who manage and deliver recreation programs along with the materials and supplies needed to operate these programs. Surplus revenue generated through the Recreation Enterprise Fund (Recreation and Pine Meadows Golf Club) helps fund Capital Improvement Projects and financially supports some services provided to Recreation by other Town Departments, and payment of \$100,000 per year towards the Lincoln Park debt.

REGISTRATION INFORMATION

ONLINE REGISTRATION IS RECOMMENDED. We also accept **walk-in** registration and **mail-in** registration as long as space is available. Feel free to familiarize yourself with the website prior to registration. Registration is first come, first served and 100% of all program spaces will be available online as of August 25, 2014 at 12:00 a.m. Resident walk-in and mail-in registration also begins on August 25, 2014 at 8:30 a.m. Non-resident walk-in and mail-in registration begins September 2nd. There is a \$5.00 (youth) - \$10.00 (adult) additional fee for non-resident program registrations. Online registration at www.lexingtonma.gov/recreationdepartment.cfm. We accept cash, check, MasterCard, VISA, or Discover for mail-in or walk-in registration. **Credit Cards ONLY online.** We no longer accept American Express.

Programs for Everyone	Recorded Information & Cancellations
Please let us know about barriers that prevent participation. We are proud of our work with members of the community in creating exciting and successful programs. Please help us as we try to expand our ability to provide meaningful and accessible opportunities for all. Your suggestions are welcomed! We encourage individuals in need of special assistance in order to participate, to share this information when registering.	<p>Programs may be cancelled due to inclement weather, field or facility conditions, or other conflicts. To check on the status of your program call the</p> <p>Recorded Information line at: 781-698-4810</p> <p>You can also check the Recreation Department Website:</p> <p>www.lexingtonma.gov/recreationdepartment.cfm</p> <p>or find us on Facebook by going to: www.facebook.com</p> <p>and entering Lexington, MA Recreation Department.</p>

PLEASE BE ADVISED THAT SOME ACTIVITIES AND SPORTS CLINICS MAY CONTINUE TO RUN OUTSIDE IN INCLEMENT AND/OR ADVERSE WEATHER CONDITIONS. PARTICIPANTS SHOULD DRESS APPROPRIATELY FOR THE WEATHER.

Helpful Telephone Numbers, Email & Web Sites

Recreation Department	recdept@lexingtonma.gov	(781) 698-4800
Recreation Program Online Registration	www.lexingtonma.gov/recreationdepartment.cfm	
Recreation Program Recorded Information & Cancellations		(781) 698-4810
Recreation Department Facebook Page	www.facebook.com	
Battle Green Tennis League	www.battlegreentennis.com	
Lexington—Bedford Youth Hockey	www.lbyh.net	
LBH Pop Warner Football	www.lbhpopwarner.com	
Lexington Babe Ruth League	www.lexington.baberuthonline.com	
Lexington Blue Sox	www.lexingtonbluesox.com	
Lexington Chamber of Commerce	www.lexingtonchamber.org	(781) 862-2480
Lexington Coed Adult Soccer	franco.diaz@att.net	
Lexington Community Education	www.lexingtoncommunityed.org	(781) 862-8043
Lexington Little League	www.lexingtonlittleleague.org	
LEX FUN (formerly Lexington Preschool PTA)	www.lexfun.org	
Lexington Human Services & Muzzey Senior Center	www.lexingtonma.gov	(781) 861-0194
Lexington Youth Basketball	www.lexhoops.com	
Lexington Youth Lacrosse	www.lexingtonlax.org	
Lexington United Soccer Club	http://lexingtonunited.org	
Lexpressas Women over 40 Soccer	www.lexpressas.org	
Special Needs Arts Programs, Inc.	info@Snapsing.org	

Program & Refund Policy

The Lexington Recreation Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been cancelled, changed, postponed or relocated due to space availability. Programs are subject to change in personnel. The Recreation Department does not confirm program registrations. **Please be advised that some activities and clinics may continue to run outside in inclement and/or adverse weather conditions. Participants should dress appropriately for the weather.**

- All refunds will be issued in the form of a check from the Town Treasurer's Office. **Refunds to credit cards are not permitted.** Please allow 3—4 weeks for processing of refunds.
- If insufficient enrollment causes an activity to be cancelled, participants will receive a full refund.
- **Refunds, less the minimum \$10.00 non-refundable deposit*, may be given to a participant who withdraws from a program two weeks or more prior to the start of the program.** *Please note: Some programs have a different minimum deposit or refund/credit policy which are noted in the brochure. To be eligible for a refund, the request must be in the form of a letter or email to the Recreation Department stating the reason for withdrawing and the participant's name and address.
- Refunds may be given for medical reasons which arise less than two weeks prior to the start of a program. To be eligible for such a refund, the request must be in the form of a letter or email to the Recreation Department accompanied by a physician's letter. The minimum \$10.00 non-refundable deposit* will be deducted from the refund. In the event that a medical issue arises after the start of a program, the refund will be prorated.
- In the event of weather cancellations the Recreation Department will offer make-up sessions. Refunds will not be given if make-up classes are scheduled and held, but a participant is unable to attend.
- **Participants who withdraw from a program five days prior to the start of a program may receive a credit, less the minimum \$10.00 non-refundable deposit*, towards another Recreation program provided that a wait list participant fills the spot and/or the minimum level of participants has been reached.**
- **Participants who withdraw from a program less than five business days prior to the start of the program are not eligible for a refund or credit** as program expenses (staffing and supplies, etc.) will have been incurred. Refunds and/or credits will not be given for early termination of a program by the participant.
- **Program Transfers**—If space allows, participants will be permitted to switch/transfer to another class or program. A **\$10.00 processing fee** will be assessed and **must be paid by check or cash when requesting the transfer.** Should the program the participant is transferring into have a higher fee, he/she will be expected to remit the transfer fee and the difference at the time of requesting the transfer.

INFANT, TODDLER AND PRE SCHOOL PROGRAMS

AGE 4 & 5 INTRO TO TENNIS

\$45

Ages: 4 & 5
Dates: 4 Tuesdays, September 16—October 7
Times: 4:15—4:45 or 4:45—5:15 p.m.
Location: Gallagher Tennis Courts 1 & 2 at the Center Recreation Complex

Lexington Recreation is pleased to offer this fall tennis program for children ages 4 & 5. Instruction will focus on introducing youngsters to the sport of tennis and basic stroke development. *Maximum 6.*

VIKING PRE-SCHOOL SOCCER CLINIC

\$80

Ages: 4 & 5
Dates: 6 Fridays, September 19—October 24
Times: 3:45—4:30 p.m. or 4:45—5:30 p.m.
Location: Muzzey Field



The ever popular Viking Sports Camps return to Lexington this fall to introduce the game of soccer to boys and girls ages 4 and 5. Children should bring their own soccer ball (size 3 or 4), shin guards, sneakers or soccer cleats, and a water bottle. Parents and/or guardians are asked to stay for the 45 minute program and are encouraged to participate with their child. *Enrollment is limited to 28 per class.*

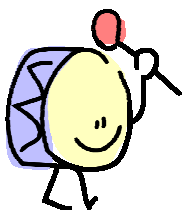
ZUMBINI

\$99/session*

(sibling discount \$49)

Ages: 4 years and younger with caregiver (infants welcome)
Dates: Session I: Tuesdays, September 23—October 21
 Session II: Tuesdays, October 28—November 25
Time: 9:45—10:30 a.m.
Location: First Parish Church

ZUMBINI is an amazing Mommy (caregiver) and Me, Music and Movement program. The program is a magical child-focused journey into the world of music, rhythmic musical instruments, movement, dance and song. Bond with your child as you foster their individual social, emotional, motor and cognitive growth through a teacher facilitated sing/dance and play environment using original world rhythms. The Fall series features a NEW ZUMBINI BUNDLE, which includes 2 CD's and a beautifully illustrated story/songbook, let you bring the magic home! (*material fee of \$30.00 will be collected by the instructor at the first class). Instructor **Janice Swartz** is a Lexington resident and educator. She is group fitness certified and has done professional dance training. Jan is licensed to teach Zumba, Zumba Gold, Zumba Training, Aqua Zumba and Zumba Kids, Zumbini and Yoga.



WEEKDAY SUPER SOCCER STARS

\$225*

Ages: 2 and 3
Dates: 9 Wednesdays, September 10—November 5
Time: 10:25—11:05 a.m.
Ages: 3 and 4
Dates: 9 Wednesdays, September 10—November 5
Time: 11:10—11:55 a. m.
Location: Muzzey Field

Get the ball rolling for ages 2 and up with **Super Soccer Stars** in Lexington!. At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive educational environment. The Super Soccer Stars philosophy is to nurture, build self-confidence, and to develop teamwork in every class. The specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. *Enrollment is limited. *LEXFUN members receive a 10% discount*

SATURDAY KICK & PLAY

\$125*

Ages: 12—24 months with caregiver
Dates: 5 Saturdays, November 8 - December 13 (no 11/29)
Time: 8:50—9:30 a.m.
Location: Hastings School Gym

Brought to you by the creators of **Super Soccer Stars**, Kick & Play is a caregiver-child, pre-soccer and movement program. Experienced instructors along with our puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help develop pre-soccer skills that will have your toddler balancing, running, kicking and playing—all while having a blast! *Enrollment is limited to 15 children plus caregiver per class. *LEXFUN members receive a 10% discount*

SATURDAY SUPER SOCCER STARS

\$225*

Dates: 9 Saturdays, September 6— November 1
Location: Hastings School Field
Ages: 2—3
Times: 9:00—9:40 a.m., 11:00—11:40 a.m. **or** 12:00—12:40 p.m.
Ages: 3—4
Times: 10:00—10:45 or 11:00—11:45 a.m.
Ages: 4—5
Times: 9:00—9:50 or 10:00—10:50 a.m.
Ages: 5—7
Time: 12:00—1:00 p.m.
Ages: 6—14 (SHINE ADAPTIVE)
Time: 1:00—2:00 p.m.

Get the ball rolling for ages 2—7 with **Super Soccer Stars** in Lexington!. At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive educational environment. The Super Soccer Stars philosophy is to nurture, build self-confidence, and to develop teamwork in every class. *Enrollment is limited.*

PRE SCHOOL AND YOUTH PROGRAMS

SATURDAY INDOORSUPER SOCCER STARS

\$125*

Dates: 5 Saturdays, November 8—December 13 (no 11/29)
Ages: 2—3
Time: 10:40—11:20 a.m.
Ages: 3—4
Time: 9:45—10:30 a.m.
Ages: 4—5
Time: 11:30 a.m.—12:20 p.m.
Ages: 5—7
Time: 12:30—1:30 p.m.
Location: Hastings School Gym



All **Super Soccer Stars** classes are based on an age-specific curriculum created by a combination of early childhood, soccer, and education specialists to guarantee that each child is learning and having a blast from the moment the whistle blows. The format gives the budding soccer stars a familiar framework in which they can excel from class to class. The bulk of each class focuses on skill-building activities and games. *Enrollment is limited to 15. *LEX FUN members receive a 10% discount*

CHESS CLASSES

Students in each of the Chess classes will join **Jim Della Selva** to explore chess theory starting from the basic to more advanced levels. The course will consist of instruction, play and group work. *Maximum 12 per class.*

Beginner Chess \$125 (8 week session) \$65 (4 week session)

Ages: 5—12
Fall: 8 Wednesdays, September 17—November 12 (no 9/24)
 4 Wednesdays, November 19—December 17 (no 11/26)
Winter: 8 Wednesdays, January 14 —March 11, 2015 (no 2/18)
Time: 4:35—5:35 p.m.

Location: Town Office Building—Reed Room

Intermediate Chess \$125 (8 week session) \$65 (4 week session)

Ages: 6—12
Fall: 8 Tuesdays, September 16—November 4
 4 Tuesdays, November 18—December 9
Winter: 8 Tuesdays, January 13—March 10, 2015 (no 2/17)
Time: 4:35—5:35 p.m.
Location: Town Office Building—Parker Room

Advanced Chess \$125 (8 week session) \$65 (4 week session)

Ages: 7—14
Fall: 8 Tuesdays, September 16—November 4
 4 Tuesdays, November 18—December 9
Winter: 8 Tuesdays, January 13—March 10, 2015 (no 2/17)
Time: 5:35—6:35 p.m.
Location: Town Office Building—Parker Room

FUN-DAMENTALS OF FENCING

\$90/session

Ages: 7—14
Session 1: **Special Attacks and Sabre**
 6 Tuesdays, September 16—October 21
Session 2: **Dodging Techniques and Rapier**
 6 Tuesdays, October 28—December 23 (no 11/4, 11/11, 12/16)
Location: **Bridge School Gym**
Time: 6:30—7:30 p.m.

Fence without buying expensive equipment with **Mythquest Edutainment**. Whether you are new or experienced, you will learn new techniques and will get to try out your new skills in duels and sword games each week. The classes are a series of four offered to get a good footing in basics and a variety of more advanced techniques. Each session teaches specific advanced techniques not shown in the others. The next two sessions, offered in the winter and spring will complete the series.

BUDA ULTIMATE FRISBEE CLINIC

\$80

Ages: 8—14 (grades 3—8)
Dates: Sundays, September 7—October 19
Time: (U-12) 2:00 — 3:30 p.m., (U-14) 3:30 — 5:00pm
Location: Diamond Fields



BUDA and Lexington Recreation are once again teaming up to provide a great introduction (and more) to Ultimate Frisbee. This fun, fast-paced sport is very popular at colleges and high schools (including LHS), as well as in adult recreation leagues. The program is designed to teach kids all the skills they need in order to play and have fun.

This fall, BUDA is offering a U-12 and U-14 division. U-12 is more of an instructional clinic while U-14 will be offering more competition. Some qualified participants can be moved up to a higher level to play. Participants should wear cleats, bring a water bottle, and a white and dark colored shirt. Expect to run a lot and have a great time.

SMART START BASKETBALL

\$60

Ages: 5—7 with a parent
Dates: 6 Saturdays, January 10—February 14, 2015
Time: 9:15 —10:15 a.m.
Location: To Be Announced

This program will teach children (and parents) a variety of basketball skills including dribbling, ball handling, shooting, passing, catching, and running in a fun, non-threatening environment and allow participants to work one-on-one with a parent. A parent must attend and *space is limited*, so register early!



REGISTER EARLY!
A CLASS WITH LOW ENROLLMENT MAY
HAVE TO BE CANCELLED !

YOUTH PROGRAMS

SHINE ADAPTIVE INDOOR SOCCER \$125

Ages: 6—14
Dates: 5 Saturdays, November 8—December 13 (no 11/29)
Time: 1:45—2:30 p.m.
Location: Hastings School Gym

This **Super Soccer Stars** unique program uses soccer as a vehicle to teach life skills to individuals with developmental disabilities, including but not limited to, Autism Spectrum Disorders, Down Syndrome, ADHD and PDD-NOS. The innovative curriculum promotes complete growth and development of each player. The low player-to-coach ratios encourage and empower players to increase social potential with teammates, build self-awareness and confidence and advance gross and fine motor skills, all while each individual improves at his or her own pace. *Enrollment is limited to 15.*

FALL ARCHERY PROGRAM \$110

Ages: 9—14
Dates: 5 Thursdays, September 18—October 23 (no 9/25)
Time: 3:30—5:00 p.m.
Location: Muzzey Field



During this five-week program participants will learn to shoot a bow and arrow in this Junior Olympic archery development program under the direction of a certified instructor from **Archery USA**. All equipment is provided. Students will progress at their own pace. *Enrollment is limited.*

BABYSITTER TRAINING \$90

Ages: 11+
Dates: 4 Thursdays, October 8—October 30
Time: 6:30—8:30 p.m.
Location: Town Office Building ~ Reed Room



This American Red Cross training program is designed to provide boys and girls with the skills and techniques necessary to become babysitters. Students learn by participating in activity periods and group discussions.

GIRLS OPEN GYM HOOP TIME \$50

Ages: 8—17 (Girls Only)
Dates: Fridays, September 12—November 21 (no 10/3)
Time: 6:00—8:00 p.m.
Location: Estabrook School Gym

NEW

Girls only open gym time, supervised by **Kathryn Robb and Liz O'Neil**. Girls lace up your high tops and come shoot around, play pick up basketball, shooting games, etc. Work on your basketball skills and have fun with other players and friends. This is not a team practice time, just fun open gym time to play hoop and shoot around! This program is being offered in partnership with **Play to Play**, a non-profit organization devoted to empowering girls through the game of basketball. All clinic instructors will have been trained in Play to Play's coaching workshop: "Coaching the Female Athlete".

MIDDLE SCHOOL EARLY RELEASE DAY PROGRAM \$40

Grades: 6th, 7th and 8th grade at Diamond & Clarke
Date: Thursday, January 8, 2015
Time: 11:45 a.m.—4:15 p.m.

Location: Nashoba Valley Tubing Park

Come along snow tubing at Nashoba Valley on Thursday January 8, 2015 We will be meeting in your school's cafeteria at 11:45 a.m. to eat lunch and then the bus will pick us up at 12:30 p.m. **We will tube from 1:30-3:30 p.m. and your parent is expected to pick you up at 4:15 p.m. at your school.** For Boston students, you will be supervised at your designated school until the late bus picks you up. The fee is **\$40.00** and includes transportation and snow tubing. You are required to bring your lunch.



If the Tubing trip to Nashoba Valley is cancelled because of adverse weather participants will be notified at their school and an announcement will be placed on the Recreation Information Line (781) 698-4810. A credit will be placed on your account if the program is cancelled.

The registration deadline is Friday, December 26, 2014

This program is made possible through the cooperative efforts of the Lexington Youth Services Council, Department of Human Services, Lexington Recreation Department, Lexington Police Department and the Lexington Public Schools.

**SPACE IS LIMITED TO
 80 STUDENTS.
 SIGN UP EARLY**

ADAPTIVE BASKETBALL PROGRAM \$65

Ages: 6—16
Dates: 6 Saturdays, January 10—February 14, 2015
Time: 10:30—11:15 a.m.
Location: To be announced

This program is designed to offer children with a cognitive or physical disability the opportunity to learn and play basketball in a cooperative, non-threatening, fun environment. The program takes into consideration the individual needs and abilities of every participant, and modifications are made to the game and training to allow full participation and enjoyment for each child. Volunteers are welcome and parents are encouraged to participate.

NEW**Girls Youth Basketball Clinic****Saturdays, January 10-March 21, 2015** (no 2/14)**Early Registration Fee: \$95****Registration after December 5: \$105**

This program is for girls in 1st-4th grade and will be a fun introduction to the game of basketball including proper instruction on shooting, dribbling, passing, and ball handling techniques. The basics of the game will be taught including general principles of defense and offense by a variety of engaging and child-centered games, drills, and instruction. The focus will be on learning the game of basketball in a joyful, empowering, and girl-friendly environment.

This program is being offered in partnership with **Kathryn Robb and Liz O'Neil**, the co-founders of Play to Play, a non-profit organization devoted to empowering girls through the game of basketball. All clinic instructors will be trained in the Play to Play's coaching workshop: "Coaching the Female Athlete."

**1st & 2nd Grade:** 9:00-10:15am @ Fiske**3rd & 4th Grade:** 10:30-11:45am @ Fiske**Boys Youth Basketball Clinic****Saturdays, January 10-March 21, 2015** (no 2/14)**Early Registration Fee: \$95****Registration after December 5: \$105**

The 2nd-4th Grade Boys Youth Basketball Clinic is designed as an instructional program in which the basic skills of basketball will be introduced and reinforced through drills and scrimmage games. This program will be on Saturday mornings. All children must register in advance with the Recreation Department. Spots are limited in this popular program and it is limited to Lexington residents ONLY.

2nd Grade: 9:00-10:30am @ Diamond**3rd Grade:** 10:45am-12:15pm @ Diamond**4th Grade:** 10:45am-12:15pm @ Clarke**In-Town Recreation Basketball Leagues Grades 5 - 8****Weeknights and Saturdays, November 24, 2014 - March 14, 2015** (no 11/26-11/29, 12/22-1/3, 1/19, and 2/14-2/19)**Early Registration Fee: \$155****Registration after October 10: \$165**

The In-Town Basketball League is an organized recreational basketball program for students currently enrolled in Grades 5-8. There is a separate 5th/6th grade league and a 7th/8th grade league and the leagues are gender-specific. Fundamentals, skill development, teamwork, and sportsmanship will be emphasized while competitiveness is kept to a minimum. The teams will practice for 1 hour one night a week and games will be played on Saturday afternoons. Practice and game time will rotate throughout the season and **all practices and games will take place at either the Clarke Middle School or Diamond Middle School. Information about the specific start date of practices and games for each league will be emailed to all participants in mid-November.**

5th/6th Grade Girls**Practices:** 6:00-7:00pm or 7:00-8:00pm on Mondays or Thursdays**Games:** 12:30pm or 1:35pm on Saturday afternoons**5th/6th Grade Boys****Practices:** 6:00-7:00pm or 7:00-8:00pm on Tuesdays or Wednesdays**Games:** 2:45pm, 3:50pm, 4:55pm, or 6:00pm on Saturdays**7th/8th Grade Boys****Practices:** 6:00-7:00pm or 7:00-8:00pm on Mondays or Thursdays**Games:** 1:00pm, 2:05pm, or 3:10pm on Saturday afternoons**7th/8th Grade Girls****Practices:** 6:00-7:00pm or 7:00-8:00pm on Mondays or Thursdays**Games:** 3:10pm or 4:15pm on Saturday afternoons**High School Boys Basketball League****Weeknights and Saturdays, December 1, 2014 - March 7, 2015** (no 12/22-1/3, 1/19, and 2/14-2/19)**Early Registration Fee: \$130****Registration after October 10: \$140**

This 10-week High School Basketball League will provide students currently enrolled in Grades 9-12 with the opportunity to play basketball this winter. Teamwork and sportsmanship will be emphasized while competitiveness is kept to a minimum. Teams will practice for 1 hour one night a week (6:00-7:00 p.m. or 7:00-8:00 p.m. on Mondays) and **games will be played on Saturday afternoons at 4:15pm, 5:20pm, or 6:25pm at the Diamond Middle School.**

**** Notice for In-Town Grades 5-8 and High School Basketball Leagues****

All participants must register in advance. Participants will be evaluated and every effort will be made to create teams of equal skill. There is a **\$25 non-refundable deposit (included in the registration fee)** for these programs. Late registrations will be accommodated only if space is available. These programs are open to Lexington residents ONLY.

The success of the Youth Basketball Clinic, the In-Town Basketball Leagues, and High School Basketball League depends greatly upon volunteer coaches. If we do not get enough volunteers, the number of participants accepted will be seriously impacted. Volunteers interested in coaching in the Youth Basketball Clinic or In-Town Leagues are asked to contact the Recreation Department at (781) 698-4800.

YOUTH PROGRAMS

FALL YOUTH TENNIS LESSONS

The Fall Youth Tennis Lessons are designed to introduce children ages 6 to 14 to the life-long sport of tennis. The participants will learn the basic rules of the game, work on stroke development and serves (when appropriate) through drills and games. Lessons are held at the Gallagher Tennis Courts 1 & 2 at the Center Recreation Complex. *Enrollment is limited to 8 per class.*

AGES 6 & 7

\$45

Dates: 4 Tuesdays, September 16—October 7

Time: 5:15—5:45 p.m.

AGES 8 & 9

\$45

Dates: 4 Thursdays, September 18—October 16 (no 9/25)

Time: 4:15—4:45 p.m.

AGES 10 & 11

\$45

Dates: 4 Thursdays, September 18—October 16 (no 9/25)

Time: 4:45—5:15 p.m.

AGES 12—14

\$60

Dates: 4 Thursdays, September 18—October 16 (no 9/25)

Time: 5:15—6:00 p.m.

NEW PROGRAMS FOR FALL 2014

Pinot's Palette welcomes you and your little artist to our colorful Fall workshops. Join us at our new studio for a fun afternoon of painting and small festive crafts with Artist, **Ashley MacLeod**. Make new friends and learn some new painting techniques! Available to children 7 years old and up.



Autumn Brilliance & Halloween Thrills

\$175

Ages: 7—13

Dates: 5 Thursdays, September 18—October 16

Time: 2:00—3:00 p.m.

Location: Pinot's Palette, 7A Meriam Street

Happy Halloween & Winter Wonderland

\$175

Ages: 7—13

Dates: 5 Thursdays, October 23—November 20

Time: 2:00—3:00 p.m.

Location: Pinot's Palette, 7A Meriam Street



FEBRUARY SCHOOL VACATION PROGRAMS

THEATERIFFICS

\$260

Ages: 6—13

Dates: Tuesday—Friday, February 17—20, 2015

Time: 9:00 a.m.—4:00 p.m.

Location: To Be Announced



Back by popular demand, **Kidstock Creative Theater** returns to offer every child an active part in the creative process of theater as actors, playwrights, artists and musicians. Children need to bring their own morning and afternoon snack and lunch. The final day will conclude with a performance for parents and friends to come and enjoy. The theme for the week has not been announced. The fee includes a \$25.00 non-refundable deposit. The registration deadline is February 2, 2015.

MORNING FEBRUARY CHESS CLINIC

\$125

Ages: 6—13

Dates: Tuesday—Friday, February 17—20, 2015

Time: 10:00 a.m.—12:00 noon

Location: Cary Library—Learning Center



Join U.S. Chess Federation expert **Jim Della Selva** for a four-day Beginner Chess Clinic. This program, will provide **beginner** chess players with the opportunity to learn the game. Participants should bring a chess board and be ready for a fun, challenging week. The registration fee includes a \$25.00 non-refundable deposit. The registration deadline is February 13th.

AFTERNOON FEBRUARY CHESS CLINIC

\$125

Ages: 6—13

Dates: Tuesday—Friday, February 17—20, 2015

Time: 1:00—3:00 P.M.

Location: Cary Library—Learning Center

Join U.S. Chess Federation expert **Jim Della Selva** for a four-day Chess Clinic. This program, will provide **intermediate and advanced** chess players with the opportunity to learn more about the game. Participants should bring a chess board and be ready for a fun, challenging week. The registration fee includes a \$25.00 non-refundable deposit. The registration deadline is February 13th.

NASHOBA VALLEY SKI AREA YOUTH SKI AND SNOWBOARD PROGRAMS

SKI LESSONS FOR GRADES 2—5



FEE: \$285 with transportation

FEE: \$225 without transportation

**6 Thursdays
p.m.)**

January

8—February 12, 2015

1:00—5:15 p.m. (Lesson Time: 3:00

The Thursday Afternoon Ski package includes transportation, six one-hour lessons and lift tickets. Parent volunteers will act as chaperones. Buses leave the Town Pool parking lot on Worthen Road at 1:15 p.m. and return at 5:15 p.m. For parents who would prefer to drive their children each week to Nashoba Valley, the Thursday lesson program **ONLY** has a **NO TRANSPORTATION** option. The cost for the program without transportation is \$225.

The program fee includes a **\$50.00 non-refundable deposit**. *Before registering please consider possible conflicts such as Thursday afternoon band or orchestra rehearsals. Refunds will not be guaranteed after December 26, 2014*

SNOWBOARD LESSONS FOR GRADES 4 & 5

FEE: \$285 with transportation



FEE: \$225 without transportation

6 Thursdays

January 8—February 12, 2015

1:00—5:15 p.m. (Lesson Time: 3:00 p.m.)

The Thursday Afternoon Snowboard package for children in **Grades 4 and 5 only** includes transportation, six one-hour lessons and lift tickets. Parent volunteers will act as chaperones. Buses leave the Town Pool parking lot on Worthen Road at 1:15 p.m. and return at 5:15 p.m. For parents who would prefer to drive their children each week to Nashoba, the Thursday Lesson Program **ONLY** has a **NO TRANSPORTATION** option. The cost for the program without transportation is \$225.

The program fee includes a **\$50.00 non-refundable deposit**. *Before registering please consider possible conflicts such as Thursday afternoon band or orchestra rehearsals. Refunds will not be guaranteed after December 26, 2014.*

Equipment rentals will be fitted for those registered for the program on Thursday, December 4, 2014 in the **Estabrook School Cafeteria** from 7:00—8:30 p.m. for \$105, payable to Nashoba Valley. (At Nashoba the rental fee will be \$115.00.) Helmets may be purchased at ski rental night for \$55.



FRIDAY NIGHT SKI AND SNOWBOARD LESSONS FOR GRADES 6—12

FEE INCLUDING LESSONS: \$280

FEE WITHOUT LESSONS : \$250



5 Fridays

January 9—February 6, 2015

5:30—10:45 p.m.

Participants will leave by bus from the Lexington High School parking lot on Worthen Road **promptly** at 5:45 p.m. and will return by 10:45 p.m. The Ski or Snowboard package includes transportation, lift tickets and five one-hour lessons *for those who have selected the lesson option when registering*. Parent volunteers will act as chaperones.

The fee includes a non-refundable \$50.00 deposit. (Before registering please consider possible conflicts, such as Friday evening sports and music commitments, etc.) Refunds will not be guaranteed for cancellations after December 26, 2014 **The choice of taking a ski or snowboarding lesson MUST be made when registering for the program.**

Equipment rentals will be fitted for those registered for the program on Thursday, December 4, 2014 in the **Estabrook School Cafeteria** from 7:00—8:30 p.m. The price of rentals is \$95 for skis or snowboards, payable to Nashoba Valley. (At Nashoba the rental fee is \$105) Helmets may be purchased at ski rental night for \$55. **IF YOU REGISTER FOR THE FRIDAY NIGHT SKI AND SNOWBOARD PROGRAM YOU MUST GO TO AND FROM NASHOBA VALLEY ON THE BUS.**

The success of our youth ski and snowboard program depends on parent volunteers. If you are available to volunteer (no skiing required) for either the Thursday or Friday program please contact the Recreation Department and request to fill out the volunteer chaperone form with the dates you are available to assist us!

Adult Programs

R.A.D. WOMEN'S SELF DEFENSE

\$50

Ages: Women only 17+
Dates: September 22, 29, October 6, 8 and 20
Time: 6:00—9:00 p.m.
Location: Clarke Middle School Gym

The Lexington Police Department and the Lexington Recreation Department are proud to again collaborate on this very important Women's Self Defense Program. Over the course of this 4-week program, taught by **Lexington Police Officer Charles Crayton**, students will be involved in a discussion of risk reduction strategies, date rape, continuum of survival, defensive strategies and the basic principles of defense. Participants should wear loose fitting, comfortable clothing and bring a water bottle to class.

BODY CORE: A Total Fitness Class **\$70/session**

Dates: **Fall:** Thursdays, October 2—December 11 (no 11/27)
Winter: Thursdays, January 15—March 26, 2015
 (no 2/19)

Time: 6:00—7:30 p.m.

Location: Hastings School Gym

Join this class for an exhilarating total body workout including a variety of music and low impact Zumba/dance style choreography. Pilates mat exercises will re-shape, strengthen and tone your entire core; abdominals, upper and lower body muscles. Using hand weights will also increase your muscular strength and endurance. Finish the class with gentle yoga stretches for added flexibility, improved balance and body alignment. Materials needed: yoga mat, hand weights, fitness ball (optional). Wear comfortable clothing and cross training or studio dance shoes (no street shoes). All levels of experience are welcome. **Ellen Gaies** is a certified Aerobics, Pilates and Zumba instructor.

YOGA CLASSES **\$125/session**

Fall : 10 Tuesdays, September 16—December 9 (no 10/14, 11/4, 11/11)

Time: 7:30—8:30 p.m.

10 Wednesdays, September 17—December 10

(no 10/24, 11/26)

Time: 7:00—8:00 p.m.

Winter: 10 Tuesdays, January 13—March 24, 2015 (no 2/17)

Time: 7:30—8:30 p.m.

10 Wednesdays, January 14—March 25, 2015 (no 2/18)

Time: 7:00—8:00 p.m.

Location: Bridge School

Join Certified Yoga Instructor **Keith Herndon** in this physically balancing workout of Yoga. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus.

FITNESS BOOT CAMP FOR WOMEN

Fee: **\$200/2 days per week (24 classes)**

\$105/1 day per week (12 classes)

Ages: 23+

Dates: 12 Weeks (Tuesday & Thursday)

September 2—November 20

Time: 6:00—7:00 a.m. **RAIN or SHINE**

Location: Lincoln Park Field # 2

This highly regarded and very popular fitness boot camp program designed specifically for women incorporates upper and lower body weight exercise as well as cardiovascular activities. Band work and many body weight exercises are included. **Paul McManus**, Boot Camp Instructor for the past 5 years and former Lexington PE teacher will lead this program. All levels of ability are welcome. Pre-registration is required.

EARLY MORNING ADULT GYM - LHS FIELD-HOUSE

\$95/Lexington residents ~ \$115/Non residents

Dates: Monday, Wednesday & Friday

September 2014—August 2015

Time: 6:15—7:15 a.m.

Season membership cards **are required** for this morning drop in program. The pass is also valid for the adult evening drop in program.

ID cards may be obtained at either the Lexington Recreation Department office or at the program.

NOTE: This program does not meet on holidays or during school vacations.

EVENING DROP IN PROGRAM AT LEXINGTON HIGH SCHOOL FIELD HOUSE

Monday—Thursday, November 3, 2014—April 16, 2015

Resident Season Pass: \$60.00

Non Resident Season Pass: \$85.00

Resident Daily Admission: \$ 3.00

Non-Resident daily Admission: \$ 5.00

NOTE: This program does not meet on holidays or during school vacations, and may be closed for LHS Athletic event during the season.

• **JOGGING (all ages)**

• Monday —Thursday 7:15—9:30 p.m.

• **ADULT BASKETBALL (18+)**

Monday & Thursday 7:15—9:30 p.m.

• **ADULT INDOOR SOCCER (18+)**

Tuesday 7:15—9:30 p.m.

• **ADULT PICKLEBALL (18+)**

Wednesday 7:15—9:30 p.m.

DON'T BE LEFT OUT...REGISTER EARLY

Adult Programs

ZUMBA Introductory Class

Benefitting the Susan G. Komen Breast Cancer Foundation

Come on out and join the party on **Tuesday, September 30** at the Hastings School Gymnasium! Everyone is invited (age 12 and up) and all levels of experience welcome. Contact janswartz@mac.com for more information about this event.

The class is **FREE**, but attendees are asked to make a suggested donation of \$15.00 to benefit the Susan G. Komen Breast Cancer Foundation.



Registration: 6:45 p.m. Class: 7:00 p.m.

ZUMBA—Low Impact

\$104

Dates: 8 Tuesdays, October 7—December 9 (no class 11/4, 11/11)

Time: 6:45—7:35 p.m.

Location: Hastings School Gym

Dates: 8 Fridays, October 10—December 5 (no 11/28)

Time: 9:30—10:20 a.m.

Location: First Parish Church

Join the PARTY in this dance/fitness class that takes the work out of working out! The energizing music uses a variety of Latin, international and pop rhythms, and will have you sweating, smiling, shedding inches and toning up, while protecting your joints, tendons and ligaments! This cardio/body toning class is very easy to follow and no prior experience is needed. The class is appropriate for all ages (13+) and fitness levels. Whether you are just starting/getting back on your fitness journey, or are extremely fit, if you are on a weight loss program, or coming back from an injury, come join the party! Modifications will be given for those students wanting a higher impact. *Take it alone or as a great complement to the ABS/Stretch program immediately following, and save!*

Jan Swartz is a Lexington resident and educator, is AFAA Group Fitness and CPR certified, and has done professional dance training. Jan is licensed to teach Zumba, Zumba Gold, Zumba Toning, Aqua Zumba and Zumbatomics.

ABS BLAST AND STRETCH

\$88

Dates: 8 Tuesdays October 7 —December 9 (no 11/4, 11/11)

Time: 7:35—8:15 p.m.

Location: Hastings School Gym

Dates: 8 Fridays, October 10—December 5 (no 11/28)

Time: 10:20—11:00 a.m.

Location: First Parish Church

This 40 minute class is the best of both worlds. The first 20 minutes is designed to target and enhance abdominal definition, core stability and back strengthening during the ABS portion. The second half of the class is comprised of slow stretching of the major muscle groups to improve flexibility, relieve stress and promote relaxation. Teacher provided props such as training straps, resistance bands and trigger point release balls will be used in class. Take it alone or as a great complement to the ZUMBA program, which is immediately before!. The class is appropriate for all ages (13+) and fitness levels. Please bring a mat or a large towel. **Jan Swartz** is a Lexington resident and educator, is AFAA Group Fitness and CPR certified, and has done professional dance training.

ZUMBA and ABS BUNDLE

\$175

Dates: 8 Tuesdays, October 7—December 9 (no 11/4, 11/11)

Time: 6:45—8:15 p.m.

Location: Hastings School Gymnasium

Dates: 8 Fridays, October 7—December 5 (no 11/28)

Time: 9:30—11:00 a.m.

Location: First Parish Church

NEW

Combine the benefits of both Low Impact Zumba and Abdominal and Back Strengthening and Stretch in one 90 minute workout and save!

Jan Swartz will get you moving, losing, toning, dancing, stretching and strengthening. Jan is AFAA group fitness and CPR certified. She is licensed in Zumba, Zumba Gold, Zumba Toning, Aqua Zumba and Zumbatomics. Join the Party and get back on your fitness journey. Appropriate for all ages (13+) and fitness levels. Modifications will be given for those students wanting a higher impact.

BALLROOM DANCE CLASSES

\$100/resident couple/session

\$110/non-resident couple/session

Dates: **Fall — 8 Tuesdays**

September 23—November 18 (no 11/11)

Location: Bridge School

Dates: **Winter—8 Tuesdays**

January 13—March 10, 2015 (no 2/17)

Location: Harrington School Gymnasium

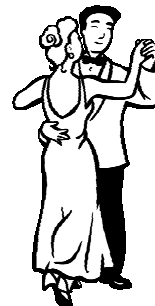
Beginner Ballroom

6:30—7:30 p.m.

Join Ballroom Dance instructor **Francis Floyd** as the basic steps of the Fox Trot, Cha Cha, Waltz and Swing dance are covered. Just the thing for the holidays or that upcoming wedding.

Intermediate & Advanced Ballroom 7:30—8:30 p.m.

Building on the foundations from Beginner Ballroom, this course, under the instruction of **Francis Floyd**, seeks to improve those steps, provide an introduction to Tango and Rumba, and the opportunity to brush up on style, and learn more advanced Latin and American Ballroom dances.



Adult Programs

“LEX GET FIT !”- Cardio Boot Camp for Women

Fee: \$130/1 day per week; \$240/2 days per week/
\$300/3 days per week

Ages: 18+

Dates: 10 weeks (Monday, Wednesday & Friday)
September 8—November 24 (no 10/13, 11/3)

Time: 9:15—10:15 a.m.

Location: Lincoln Park Field # 2

Have fun and get in shape outdoors at Lincoln Park. Whether your goal is to lose weight, tone, or shake-up your fitness routine in a non-intimidating friendly environment, this is the class for you. All levels are welcome to join this women-only fitness series, catered to your needs and goals. Sessions are held rain or shine. You choose whether once, twice, or three times per week works for you. The more you exercise, the more you save and the better shape you will be in for the holidays! Each class is different, but every class includes a warm-up, cardio, strength, core, stretch and cool-down component. These classes move away from straight jogging and sit-ups and feel more like a “Girls Night Out”. Sign up with a friend to stay motivated. Bring your water, yoga mat and hand weights to class!



Become your best self this season with certified fitness instructor and local mom, **Shannon Amsler**

WOMEN’S DROP-IN BASKETBALL

NEW

\$40

Ages: 18+

Dates: Thursdays, October 2—December 4
(no 11/27)

Time: 7:30—9:30 p.m.

Location: Estabrook School Gym

Ladies, lace up your high tops and come shoot around, play pick up basketball, shooting games, etc. Work on your basketball skills and have fun with other players and friends. This is not a team practice time, or a league; just fun open gym time to play hoop and shoot around!



ADULT DROP-IN BADMINTON

NEW

\$40

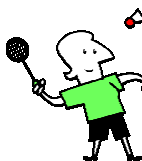
Ages: 18+

Dates: Mondays, September 22—October 27 (no 10/13)

Time: 7:30—9:30 p.m.

Location: Estabrook School Gym

Put on your sneakers, grab your badminton racquet, sign up with a friend or two and come join us at the Estabrook School gym for five weeks of drop-in badminton. **Pre-registration is required** so that we can make sure we have enough equipment. **Spaces are limited. Register early!**



ADULT DROP-IN VOLLEYBALL

NEW

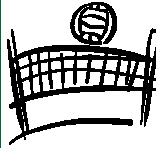
\$40

Ages: 18+

Dates: Mondays, November 3—December 1

Time: 7:30—9:30 p.m.

Location: Estabrook School Gym



Member of the community have spoken! Come to the Estabrook Gym for five weeks of drop-in volleyball. Lace up your sneakers, grab a water bottle, and tell your friends and neighbors. **Pre-registration is required and space is limited. Register early!**

INTRO TO STAND-UP PADDLEBOARDING

\$65

Ages: 18+

Date: Tuesday, September 2nd

Time: 10:00 a.m.—12:00 noon

Location: Old Reservoir

Stand-up Paddleboarding is just rocketing in popularity. Many describe the feeling as walking on water. Many people still don't know what it is, the best way to describe it is to imagine using a long canoe paddle to paddle a surf-board. Of course the best way to really understand is to take a class. You can creep along the side of a pond with a great look at the fish below or use it as a super core workout (quit the gym and by a board!). Like everything **Still River Outfitters** does, SUP is just super fun! Intro to SUP is the perfect way to give the sport a try.

QUICK START YOUR KAYAKING

\$80

Date: October 17th

Time: Friday, 10:00 a.m.—1:00 p.m.

Location: Old Reservoir

QuickStart with **Still River Outfitters** is a brief, three hour introduction to paddling a kayak properly. Students are presented with basic information on terminology, dressing, paddle safety, potential hazards and simple rescues to safely and comfortably maneuver on still water.

ADULT SKI & SNOWBOARD PROGRAMS

\$200

The adult program at Nashoba Valley is available for beginners thru advanced skiers or snowboarders. The program includes a six week session of lessons and lift tickets. Classes are available weekday mornings (with free skiing/riding from 9:00 a.m.—5:00 p.m.) or evenings (with free skiing/riding from 5:00—10:00 p.m. on lesson days). Adults **pick ONE day morning or evening and come any six times throughout the season.** The price of rentals is \$105 for skis or snowboards, payable to Nashoba Valley at the fitting. Helmets may be purchased at a cost of \$55.

Dates: 6 Sundays beginning January 11 @ 5:30 p.m.

6 Mondays beginning January 5 @ 10 a.m. or 7:30 p.m.

6 Tuesdays beginning January 6 @ 10 a.m. or 7:30 p.m.

6 Wednesdays beginning January 7 @ 10 a.m. or 7:30 p.m.

6 Thursdays beginning January 8 @ 10 a.m. or 7:30 p.m.

Location: Nashoba Valley Ski Area

OTHER LEISURE PURSUITS

Sing Along Chorus and Sing Along Singers: Integrated Choruses for Teens/Adults Members of the choruses meet for weekly evening rehearsals, which include time for socializing and refreshments. Community outreach activities by the choruses have included performances at hospitals, nursing homes and the annual SNAP fundraising concert.

The chorus is run by **Special Needs Arts Programs, Inc.** For more information email: info@Snapsing.org

Special Musicians is a music therapy program for young children ages 4—10 with disabilities. Classes are held on Saturdays in Lexington through June. This program is led by music therapist Andrew Gentzow and run by **Special Needs Arts Programs, Inc.**

For more information email: specialmusicians@hotmail.com or info@Snapsing.org

SPARCL: Special Arts Classes Special art classes for adults in painting, clay, crafts, and other multi art media. For information email: info@Snapsing.org

Teresa and Roberta Lee Fitness ~ Nature Path

The fitness and nature path is 1.35+ miles and wanders through delightful natural areas as well as around the playing fields at Lincoln Park. There are fifteen self-directed, accessible exercise stations for fitness and nature enthusiasts of all levels to enjoy. The Teresa and Roberta Lee Fitness ~ Nature Path can be accessed from either the entrance to Lincoln Park or from Worthen Road across from the Center Recreation Complex.

ED2GO ~ ONLINE EDUCATION COURSES

Courses start as low as \$84.00.

Update your skills, discover a new talent, or chart a career path at your own pace and at your convenience with our online courses. Each course runs for six weeks and is comprised of 12 lessons. All you need to get started is Internet access, an email address and a Web browser. *Upcoming class start dates are September 17, October 15, November 19, December 17, 2014 and January 21, February 18, and March 18, 2015.*

Visit the Online Instruction Center at: www.ed2go.com/lexrec to view courses and content, and to enroll in a course.

PINE MEADOWS GOLF CLUB

Pine Meadows Golf Club is owned by the Town of Lexington and managed by the New England Golf Corporation. Play on elevated tees, tree-lined fairways and the rolling greens of Lexington. NO METAL SPIKES ARE ALLOWED.

Golfers are encouraged to contact Pine Meadows Golf Club at (781) 862-5516 for schedules, fees and tee times.

Golf ID cards are available at the Recreation Department Office for Lexington residents ONLY. The yearly \$10.00 Golf ID card entitles the holder to reserve a tee time up to 14 days in advance.



**WE CAN TAKE YOU
THERE**

(781) 861-1210

LEXENGAGE

LexEngage is a community engagement website sponsored by the Planning and Economic Development Offices of the Town of Lexington where you can easily and efficiently provide your input about topics important to the Town.

You can use www.lexengage.com to share ideas and feedback instantly. You can collaborate anytime, 24/7, from any computer to contribute new ideas, second other's ideas, prioritize initiatives, or to participate in instant polls and surveys. You can even submit photos and videos that relate to your idea.

CONSTANT CONTACT & TOWN EMAIL OPPORTUNITIES

The Recreation Department is beginning to use **Constant Contact** to provide periodic information to our customers. If you would like to receive our **Constant Contact** updates, please email us at: recdept@lexingtonma.gov.

Sign up for email from the Town! You can get information on a variety of topics, as well as reminders about bills and elections. You can unsubscribe at any time, and your information will not be shared or used for any other purpose. Please go to LexingtonMA.gov/email to see what email subscription lists are available and to subscribe.

LEXINGTON COMMUNITY CENTER

The Mission of the Lexington Community Center is to enhance the quality of life for all Lexington residents by creating a warm, welcoming and inclusive environment. In this facility, Lexington residents will be able to relax, socialize, have a meal, exercise, attend meetings, take classes in a variety of subjects and disciplines and activities, entertain as well as be entertained by performing artists, and receive public services from staff members of Town Departments in the areas of recreation, health, senior services, veterans services, tax preparation assistance, and in general many of the Town services provided to help residents of the Town. Two Town Departments, **Human Services and Recreation**, will occupy offices where they will interact with Town residents, provide services, organize programs and offer assistance.

The anticipated "soft" opening will be in late spring 2015.



LEXINGTON RECREATION DEPARTMENT
1625 Massachusetts Avenue Lexington, MA 02420 781-698-4800



NASHOBA VALLEY SKI PROGRAM - 2015 ON-SITE INFO/EMERGENCY FORM

(Please **print clearly** and check the appropriate lines when registering. Return form **promptly**.)

Will you be renting equipment? Yes ____ No ____

Thursday Ski ____

Friday Ski with lesson ____

Friday Ski NO lesson ____

Thursday Snowboard ____

Friday Snowboard with lesson ____

Friday Snowboard NO lesson ____

Child's Name _____ Male ____ Female ____

Date of Birth _____ Age _____ Grade _____ School _____

Address _____ Zip Code _____

Home Phone _____ Height _____ Weight _____

Medications and/or allergies: yes ____ no ____ if yes, please list: _____

Please explain if your child has language barriers, behavior concerns, or other physical problems we should be aware of:

Parent's Name: _____ Cell Phone: _____

_____ Cell Phone: _____

Email address: _____

IMPORTANT: In the event of an injury or emergency list name, relationship, and number of contact **WHO CAN BE REACHED** *if we are unable to reach a parent.* _____

(print name)

(relationship)

(phone)

PARTICIPANT CONDUCT GUIDELINES AND EXPECTATIONS

While participating in a Recreation Department run or sponsored event:

- Participants will use polite and appropriate language. They will not swear, make unkind or mean spirited comments to or about other people involved in the program.
- Participants will treat others with respect at all times.
- Participants will listen respectfully and attentively to all instructions, requests, rules and regulations given by Recreation Program staff.
- Participants will follow and obey the rules and regulations of the program.
- Participants should feel comfortable politely asking appropriate questions or for clarification of rules and regulations.

Consequences resulting from disregard for above participant guidelines: 1) Participant's parents will be contacted immediately; 2) participant may be dismissed from the program immediately and will not receive a refund; 3) participant may risk future participation in Recreation Department programs. *(Parents, please share these guidelines with your child.)*

RELEASE STATEMENT

I/We, the parent(s)/guardian(s) of the above named minor, hereby consent to his/her participation in the Nashoba Valley Ski Program sponsored by the Lexington Recreation Department. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorney from any and all liability or expense arising out of any injury involving or on account of any injury to above named minor in conjunction with this program. If I/we **can not be reached** in an emergency, I/we hereby give permission to the Town of Lexington Recreation Department staff to authorize a physician at a local hospital to secure proper treatment for the child named above.

I/We also understand that some participants are scheduled to have a one-hour lesson each week and can ski or snowboard on their own, with a buddy, until it is time to board the bus, and that all participants signed up for the bus are **expected** to ride on the bus to and from Nashoba Valley each week.

I/We acknowledge that an "Information for Skiers and Parents" handout will be sent prior to the start of the program and the participant agrees to abide by the contents therein.

Parent/Guardian Signature _____

Date _____



Lexington Recreation Department— Program Registration Form

Last Name _____ First Name _____ M _____ F _____

Address _____

Home Phone _____ Work Phone _____ Cell # _____

Email Address (please print) _____

Grade _____

D.O.B. _____ Age _____ Fall 14 _____ School _____ T-shirt size _____

Emergency Contact Name & Phone _____

Special instructions and/or information that the instructor needs to be aware of:

(medical concerns, allergies, special needs, etc.) _____

I/We, the parent(s)/guardian(s) of _____ a minor, or I, _____ hereby consent to participation in the Town of Lexington Recreation Department programs, pictures to be taken of my/our child for advertisement and/or promotion of program and to his/her use of recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the above named minor in connection with such program, hereby give permission to the Town of Lexington Recreation Department staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment for my/our child as named above if the need arises.

Parent's Signature _____ Date _____

Please Print Parent/Guardian Name _____

Program Title	Date/Day/Session	Time	Fee
			\$
			\$

I would like to donate to the Recreation Department financial aid fund which allows children to participate in Recreation Programs in the community. Donation Amount \$ _____

TOTAL PAYMENT INCLUDED (program fees & donation): \$ _____

Type of Payment: VISA _____ MasterCard _____ Discover _____ Check _____ Cash _____

If paying by credit card: Card Account # _____ Exp Date _____

Cardholder Signature _____

Make checks payable to the TOWN OF LEXINGTON and mail registration and payment to:

Lexington Recreation Department

1625 Massachusetts Avenue, Lexington, MA 02420

You may also use the Town Hall Drop Box in front of the Cary Hall. Building

If registering for the Youth Basketball Clinic or League will you volunteer to be a coach?

Yes _____ No _____ Volunteer Name: _____

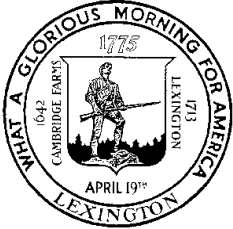
Volunteer Email Address: _____

.....
If registering for the Youth Thursday or Friday Nashoba Valley Ski and Snowboard Program will you volunteer to be a chaperone? Yes: Thurs. _____ Fri. _____ No _____

Volunteer Name: _____ Email Address: _____

Town of Lexington
Recreation Department
1625 Massachusetts Avenue
Lexington, MA 02420

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LEXINGTON, MA

Lexington Recreation

Fun and Fitness for All!

THANK YOU!

We would like to take this opportunity to thank all of our 2014 seasonal summer employees and community service volunteers for a job well done.

Their commitment, enthusiasm, humor, tireless efforts, patience and professionalism made this summer a wonderful success!

We also wish to express our appreciation to each individual and family who participated in our summer programs and used our aquatics facilities.

We look forward to seeing you in our fall, winter and spring activities, and again next summer.